

The Commission for Children and Families, Conrad N. Hilton Foundation,  
John Burton Foundation, AND Department of Children and Family Services

# INVITE YOU TO JOIN THEM

Tuesday, April 14, 2015 • 12:00 to 3:00 p.m.

California Community Foundation  
Joan Palevsky Center for the Future of Los Angeles  
281 S Figueroa St, Suite 100, Los Angeles, CA 90012

*Preventing  
pregnancy  
and serving  
parenting  
foster youth.*



**While** there have long been concerns about the high rate of pregnancy among youth in foster care, a landmark study in 2013, together with new state and federal legislation, and the years of advocacy and work by the Department of Children and Family Services Pregnant and Parenting

Workgroup and the Inter-Agency Council on Child Abuse and Neglect (ICAN) Pregnant and Parenting Teen Adolescent Task Force have brought the unique needs of this population to the forefront, both in Los Angeles County and across the state.

Los Angeles has been a state leader in addressing this issue and put into place many different strategies to better serve parenting foster youth and prevent pregnancy among foster youth. Yet, these services are delivered by different public and private agencies that at times may be unaware of the full continuum of services provided.

On Tuesday, April 14th 2015, you are invited to a working meeting, convened by Commission for Children and Families Commissioners Trish Curry and Jacquelyn McCroskey, Jeannine Balfour of the Conrad N. Hilton Foundation and the Los Angeles Department of Children and Family Services to discuss this important issue. The specific goals of the meeting include:

- >> To share information about what our respective organizations and others such as the DCFS Workgroup are doing related to pregnancy prevention and parenting foster youth
- >> To build relationships with others working on these issues
- >> To discuss how we can work together to communicate the existing continuum of services to improve access to services

*For further information, questions, or to rsvp please contact:  
Esther Lee at [esther@johnburtonfoundation.org](mailto:esther@johnburtonfoundation.org)*

*Lunch and  
Parking  
Available!*

## **PREVENTING PREGNANCY AND SERVING PARENTING FOSTER YOUTH**

**April 14, 2015 - 12:00pm to 3:00pm**

**California Community Foundation**

**Joan Palevsky Center for the Future of Los Angeles**

**281 S. Figueroa St, Suite 100, Los Angeles, CA 90012**

### **OPENING REMARKS**

Jeannine Balfour  
Philip L. Browning

Senior Program Officer, Conrad N. Hilton Foundation  
Director, Department of Children and Family Services

### **OVERVIEW**

#### **Needs Assessment: Pregnant and Parenting Teen Services**

Marilyn Flynn, PhD, Dean of the USC School of Social Work

#### **Department of Children and Family Services Data**

Jacquelyn McCroskey, DSW

John Milner Professor of Child Welfare, USC School of Social Work

### **EXISTING STREAMS OF WORK**

#### **California Foster Youth Prevention Institute**

Amy Lemley, Policy Director, John Burton Foundation

#### **DCFS Pregnant and Parenting Workgroup**

Leslie Heimov, Executive Director, Children's Law Center of California

#### **ICAN Pregnant and Parenting Teen Adolescent Task Force**

Sandy DeVos, Program Administrator, ICAN

Barbara Facher, Alliance for Children's Rights

#### **Home Visitation Programs**

Suzanne Bostwick, Maternal Child and Adolescent Health Prog., DPH

Barbara Andrade Dubransky, Interim Director Program Dev., First 5 LA

#### **Imagine LA Pilot**

Jill Govan Bauman, President and CEO

#### **St. Anne's**

Tony Walker, President and CEO

Correnda Perkins, Director of Family Based Services

### **BREAK**

### **WORKGROUPS**

- 1. Information-Sharing:** To improve cross-knowledge
- 2. Relationship Building:** To network with others.
- 3. Access:** To improve access to services.

### **WORKGROUP REPORTS**

### **NEXT STEPS**

### **ADJOURN**

# California Foster Youth Pregnancy Prevention Institute





**JOHN  
BURTON  
FOUNDATION**  
BUILDING  
WORTHY LEADERS

## **California Foster Youth Pregnancy Prevention Institute Fact Sheet**

### **Overview of the Institute:**

The National Campaign to Prevent Teen and Unplanned Pregnancy (The National Campaign) and American Public Human Services Association (APHSA) and the John Burton Foundation (JBF), with support from the Conrad N. Hilton Foundation are partnering in an "Integration of Youth Pregnancy Prevention into County Foster Care Systems" project. The project partners are jointly presenting an Institute that combines learning from experts, peer-to-peer support, and intercession technical assistance to help teams from up to six California counties incorporate youth pregnancy prevention practices into their core programs for foster youth. The project's ultimate goal is for practices that are customized for foster youth to become value-added components of day-to-day practice in child welfare agencies in California.

The Institute will help teams from up to six California counties incorporate pregnancy prevention strategies into the services they provide to youth in foster care. For counties who have initiated this work, the Institute is an opportunity to fully implement the work. The Institute will also help teams develop a county-specific policy regarding the reproductive health needs of youth in foster care.

### **General Approach:**

The Institute will bring together up to six teams of 3-5 individuals from county public child welfare systems for an exclusive, intensive, and customized development experience. Participating teams will learn to use models, tools, and methods from the following resources:

- Pregnancy prevention programs customized for a foster youth population;
- Change Management national guidance developed by state and local public agency leaders, child welfare researchers, academicians, and stakeholders as part of the Positioning Public Child Welfare Initiative ([ppcw.org](http://ppcw.org)); and,
- APHSA's Organizational Effectiveness practice and the DAPIM™ approach to continuous improvement, developed through more than 75 continuous improvement projects in 30 states.

With facilitation from APHSA Organizational Effectiveness consultants and peer-to-peer support from other teams, Institute participants will make systematic, sustainable improvements in their agencies to improve outcomes for youth in and preparing to leave foster care. The Institute is designed to have the following impacts:

- Participating agencies will become more effective in their provision of youth pregnancy and STI prevention services which will lead foster youth to achieve better outcomes;
- Participants will use the models, tools, and methods they learn beyond this project to diagnose their agencies' problems, be proactive in assessing and planning for change, and drive sustainable, positive change in their agencies
- Participants will have the opportunity to develop a county policy regarding pregnancy prevention and reproductive health for youth in foster care.

During the course of the Institute, participating teams will be expected to do the following:

- Complete pre-work prior to attendance at the first session, including required reading and answering reflective thinking questions;
- Actively participate in three, 2-full day sessions conducted by the institute team, to be held in Los Angeles;
- With technical assistance from the institute team, complete substantial work between in-person sessions to apply models, tools, and methods learned during the Institute;
- Provide the evaluation team baseline data, process data, and ending data; and,
- Participate in the development of case studies to be conducted and written by the institute team on each of the participating counties.

The Institute is highly interactive and participants are expected to prepare and make a strong commitment to completing activities during the pre-work, in-person, and intersession phases of the Institute. In-person sessions will combine learning of new models, tools, and methods, hands-on team activities to plan and implement improvements to the agency's youth pregnancy prevention products and services, and peer-to-peer critiques and support.

Customized facilitation and other technical assistance throughout the duration of the Institute will be provided to the county at no cost. Support from the agency leadership is vital to the success of the Institute and expected through commitment of time and resources.

#### **Specific Activities:**

Institute activities are scheduled to begin in December 2014 and end in June 2015. Monitoring and evaluation activities with participants will continue through October 2015. The major activities of the Institute include three, two-full day working sessions in Los Angeles and a range of intersession work between the in-person sessions to include:

- Forming and briefing a Sponsor Group of senior agency leaders;
- Forming and leading a continuous improvement (CI) team of agency staff, partners, and/or clients;
- With the CI team and, where appropriate, smaller work teams, creating a series of

- change management work products; and,
- Implementing change plans to drive sustainable change.

The Sponsor Group should include those in positions of authority whose decisions regarding resources and strategy directly impact work to prevent foster youth from getting pregnant. Sponsor groups establish the expectations and set the roster and parameters by which improvement teams operate, ensure these teams have the time and resources they need, and provide ongoing direction and advice. The CI team should include staff from multiple departments and levels of the sponsoring agency and may also include staff from partnering public or private agencies and/or clients like foster youth or foster parents. CI teams work through a critical thinking process that best ensures new strategies will have the desired impact. Each team will be assigned an Institute staff liaison who will be their “go to” person for technical assistance throughout the Institute. The nature and extent of technical assistance will vary depending on each team’s needs and wants. Technical assistance may be in the form of on-site visits, phone conferences, and/or review of draft written work products and is provided at no cost to the agency.

The Institute is scheduled for the following dates. All agency team members are expected to attend each date. We are planning for all sessions to be held in Los Angeles.

| Activity        | In-Person Sessions   |
|-----------------|----------------------|
| Day 1 and Day 2 | December 8-9, 2014   |
| Day 3 and Day 4 | February 26-27, 2015 |
| Day 5 and Day 6 | April 20-21, 2015    |

#### **Participants:**

Up to six county teams will be selected to participate in the Institute. Each team will consist of three to five participants from that county’s child welfare agency. All agency team members are expected to attend each in-person working session. Each team will be sponsored by a county public child welfare agency. Only one application from a county agency will be accepted. Successful applications will demonstrate readiness and commitment to implement the program to improve outcomes for youth in and preparing to leave foster care.

A selection committee comprised of representatives from the National Campaign, APHSA, the John Burton Foundation and the Conrad N. Hilton Foundation will review the applications. The Institute will cover the costs of the Institute, lodging and food for the participants. The sponsoring agency is expected to cover airfare and ground transportation costs for the participants.

#### **Institute Partners:**

With generous financial assistance from the Conrad N. Hilton Foundation, the following organizations have partnered to develop the Institute:

### *National Campaign to Prevent Teen and Unplanned Pregnancy*

The National Campaign to Prevent Teen and Unplanned Pregnancy seeks to improve the lives and future prospects of children and families. Its specific strategy is to prevent teen pregnancy and unplanned pregnancy among single, young adults. The National Campaign supports a combination of responsible values and behavior by both men and women and responsible policies in both the public and private sectors. It believes that if it is successful, child and family well-being will improve. The National Campaign was founded in 1996.

### *APHSA*

The American Public Human Services Association (APHSA) is a nonprofit, bipartisan agency of state and local human service agencies and individuals who work in or are interested in public human service programs. APHSA's mission is to develop and promote policies and practices that improve the health and well-being of families, children and adults. APHSA educates Congress, the media and the general public on social policies and practices and help state and local public human service agencies achieve their desired outcomes in Temporary Assistance for Needy Families, child care, child support, Medicaid, food stamps, child welfare and other program areas and issues that affect families, the elderly and people who are economically disadvantaged.

### *John Burton Foundation for Children without Homes*

The John Burton Foundation for Children without Homes was founded in 2004 by retired President pro Tem of the California State Senate John Burton. The mission of the John Burton Foundation for Children is to improve the quality of life for homeless children and children and youth in California's foster care system. The principal activities of the John Burton Foundation include technical assistance and training, legislative and policy advocacy and research and analysis.

### **Institute Timeline:**

- Potential Institute Applicants Webinar: September 3, 2014
- Informational Application Conference Call: September 23, 2014
- Application Deadline: October 15, 2014
- Selection Announcement: October 29, 2014
- In-person Institute Sessions: December 8-9, 2014  
February 26-27, 2015  
April 20-21, 2015
- Monitoring and Evaluation Period: June 2015 to October 2015

**Institute Contact:** Cecilia Tran, John Burton Foundation  
(415) 693-1323  
[cecilia@johnburtonfoundation.org](mailto:cecilia@johnburtonfoundation.org)

# DCFS Pregnant and Parenting Workgroup



# **TEEN DCFS PREGNANT AND PARENTING WORKGROUP**

## **Current DCFS Policies Serving Pregnant and Parenting Youth (PPTs)**

- ✚ Procedural Guide 0100-510.40, Services for Teen Parents
- ✚ Procedural Guide 0600-507.10, Youth Reproductive Health and Pregnancy
- ✚ FYI, Pregnant & Parenting Teen (PPT) Conference Utilizing The Family Group Decision Making (FGDM) Model
- ✚ FYI, Children's Law Center (CLC) Investigator's Participation
- ✚ FYI, Referring Caregivers for Whole Family Foster Home Certification Training
- ✚ FYI, Adolescent Family Life Program (AFLP)

## **Accomplishments of DCFS' PPT Workgroup per Original 2006 PPT Workgroup Recommendations and More Recent Efforts**

- ✚ Increased placement resources for PPTs such as Whole Family Foster Homes (effort is ongoing);
- ✚ Established PPT Conferences as a mechanism for identifying immediate supportive services to PPTs such as child care, respite care, Nurse-Family Partnership (NFP) Program and Adolescent Family Life Programs;
- ✚ Established a DCFS Funding Resource Guide for PPTs to access all necessary child care items;
- ✚ Worked with Los Angeles County's Child Care Planning Committee and child advocacy organizations in addressing issues related to child care resources for PPTs;
- ✚ Encouraged utilization of Public Health Nurses in providing services to DCFS PPTs;



- ✚ Strengthened DCFS policies and practices to better serve DCFS PPTs;
- ✚ Established a MOU with the NFP Program to ensure all eligible pregnant youth have access to the evidence-based program;
- ✚ Worked with existing technology and DCFS data collection systems to allow for regular compilation of data related to PPTs served by DCFS;
- ✚ Maintained data regarding the number of DCFS PPTs;
- ✚ Collaborated with the ICAN Pregnant and Parenting Teen Adolescent Task Force;
- ✚ Developed a website on DCFS' internal website, LAKids, to highlight DCFS policies and resources available to DCFS PPTs;
- ✚ Collaborated with all County departments serving PPTs, including Departments of Health Services, Mental Health, Public Social Services, Probation Department and Child Support Services.
- ✚ Developed and implemented a Sexual Health Conversations Training for DCFS CSWs, SCSWs, PHNs, PHNS' and Youth Development Services contracted Life Coaches;
- ✚ Encouraged utilization of the evidence-based Parent Child Interaction Therapy (PCIT) Program for eligible parenting youth;
- ✚ Collaborated with Dr. Kym Ahrens on a research project to develop a caregiver training on pregnancy and Sexual Transmitted Illness (STI) prevention for foster youth.

### **Ongoing Efforts of the DCFS PPT Workgroup**

- ✚ Continue to address child care issues for DCFS PPTs;
- ✚ Strengthen PPT Conferences;
- ✚ Continue to encourage referrals of DCFS parenting youth to the Parent-Child Interactive Therapy (PCIT) Program;
- ✚ Strengthen the referral mechanism to the NFP Program;
- ✚ Expand knowledge base and utilization of home visitation programs;
- ✚ Strengthen, where possible, a mechanism within DCFS to more timely identify pregnant youth.



# PREGNANT AND PARENTING TEEN (PPT) CONFERENCE UTILIZING THE FAMILY GROUP DECISION MAKING (FGDM) MODEL

## Pregnant & Parenting Teen (PPT) Conference

The Pregnant and Parenting Teens (PPTs) initiative is intended to identify and discuss issues related to pregnancy and early stages of child rearing as well as breaking intergenerational cycles of entry into the child welfare system. This initiative supports the Department's efforts related to children's permanency by providing support and services to teen parent family units (including teen fathers) to strengthen the young family and foster safety and independence.



### PPT CONFERENCE CAN ASSIST WITH:

- Aiding in placement stability and support for the teen parent and baby (including whole family foster home)
- Connecting teen parents to prenatal care and birth plans
- Engaging and promoting the support and involvement of the maternal and paternal family network
- Assessing educational status and needs and the development of an education plan
- Referring teen parents to Parenting Education and mentoring programs
- Family Planning (Short & Long Term )
- Family law referrals
- Linking the Teen Parent to DPSS and other Service Resources, when applicable
- Provide Independent Living information and resources

Any pregnant or parenting teens under the Department's supervision, as well as potential and recent fathers, would benefit from being referred to this program.

To schedule a PPT Conference, please fax DCFS Form 174 to  
Anna Gyonjyan at (213) 351-2474 or e-mail it to [gyonja@dcfs.lacounty.gov](mailto:gyonja@dcfs.lacounty.gov)

# Pregnant and Parenting Teen website



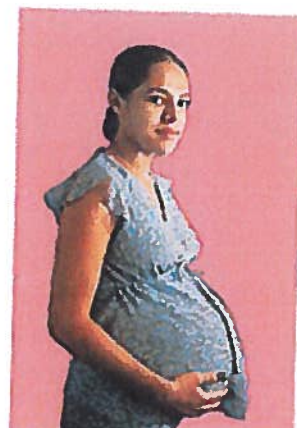
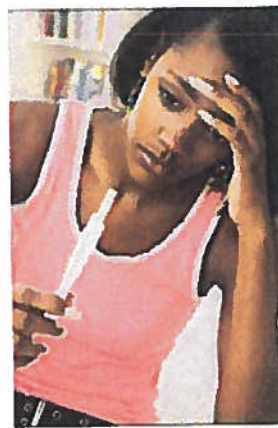
## PPT Resources

- Home
- Pregnancy Prevention
- Whole Family Foster Homes
- Policies
- Resources
- PPT Conference



## Welcome to the Pregnant and Parenting Teen Website

This website has been established to provide a user friendly means to access departmental policies, along with services and resources to serve pregnant and parenting teens under the care and supervision of the Department of Children and Family Services. Further, the use of the webpage assists in promoting a comprehensive approach to meeting the array of needs of pregnant and parenting teens.



## Contacts

Donna Fernandez, CSA III  
213-351-5714  
femadc@dcfs.lacounty.gov

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mutafn@dcfs.lacounty.gov

Perla Campos, EW II  
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campop@dcfs.lacounty.gov



LOS ANGELES COUNTY  
DEPARTMENT OF CHILDREN  
AND FAMILY SERVICES  
425 Shatto Place  
Los Angeles, CA 90020





# Partnering to expand Parent-Child Interaction Therapy (PCIT) throughout Los Angeles County

## What is PCIT?

Parent-Child Interaction Therapy is a proven parent-child treatment program for parents who have children with behavioral problems (e.g., aggression, non-compliance, defiance, and temper tantrums). Originally developed by Dr. Sheila Eyberg, PCIT is a unique treatment program that focuses on promoting positive parent-child relationships and interactions, and teaching parents effective child management skills. PCIT has been adapted as an intervention for many different types of families, including those receiving child welfare services or exposed to violence, those with children on the autism spectrum, adoptive families and foster families.

## PCIT in LA County

**Parent-Child Interaction Therapy (PCIT)** is a short term therapy model which may positively impact children, including children in foster care, or at risk of entering foster care. One of the focal populations for this program with First 5 LA, DCFS, and DMH is to serve parenting teens and their children **age 2-5 years** old. This focal population would include AB12 non-minor dependent parents with children **2-5 years** old. The First 5 LA PCIT is also available for children **2-5 years** old who meet the following eligibility requirements:

Medical necessity:

- Diagnosed with a mental illness;
- Impairment in life functioning;
- Treatment will improve life functioning;
- The illness is not responsive to physical health care based treatment.

For more information contact Kim Nguyen Pierce at (213)739-5430

[knguyenpierce@dmh.lacounty.gov](mailto:knguyenpierce@dmh.lacounty.gov)

<http://pcit.ucdavis.edu/>



County of Los Angeles  
Department of Children and Family Services

**UC DAVIS**  
**CHILDREN'S HOSPITAL**



# Los Angeles County Department of Children and Family Services

Use your parenting skills to support pregnant and parenting teens  
and their infant children

## *Announcing Whole Family Foster Homes (WFFH) and Shared Responsibility Plans (SRP)*

### **What's new?**

A Whole Family Foster Home provides care for a teen parent and her/his non-dependent child, and is specifically recruited and trained to assist the teen parent in developing the skills necessary to provide a safe, stable, and permanent home.

A Shared Responsibility Plan (SRP) is an agreement between the WFFH care provider and the teen parent as to the care and the rearing of her/his non-dependent infant or child.

### **Who is eligible:**

- Foster Care Providers
- Relative Care Providers
- Non-Related Legal Guardian
- Non-Relative Extended Family Members  
**ONLY!**

### **How:**

- 16 hours of readiness training
- Annual continuing education

### **What are the benefits?:**

- New higher Infant Supplement rate and New SRP rate for WFFH's
  - Assisting teen parents develop parenting and life skills
  - Fostering independence
  - Training and Support

For training opportunities, please contact your community college (see attachment)

Caregivers: if you already have a pregnant or parenting teen placed in your home, provide a copy of your WFFH Training Certificate to her/his assigned DCFS CSW. Otherwise, to register as a pre-certified WFFH, mail a copy of your WFFH Training Certificate to: Los Angeles County DCFS, Child Welfare Health Services Services Section, 425 Shatto Place, Suite 500, Los Angeles, CA. 90020. For questions, call (213) 351-5714.

*"To Enrich Lives Through Effective and Caring Service"*



# Departamento de Niños y Servicios Familiares del Condado de Los Angeles



Utilicé su experiencia de padre para apoyar a jóvenes embarazadas y padres adolescentes y sus infantes

## Anunciando Hogares de Crianza Enteros y Planes de Responsibilidades Compartidas

### Qué hay de nuevo?:

Hogares de Crianza Enteros proporcionan cuidado para padres adolescentes y sus infantes no dependientes de la corte. Los Hogares de Crianza Enteros son especialmente reclutados y entrenados para asistir al padre adolescente a desarrollar las técnicas necesarias para proveer un hogar seguro, estable y permanente.

Un Plan de Responsibilidades Compartidas es un contrato entre el proveedor de hogares de padres de crianza enteros y el padre adolescente con respecto al cuidado y crianza del niño/a no dependiente de la corte.

### Quién es eligible:

- Proveedores de Cuidado
  - Parientes de Cuidado
  - Tutores Legal –No Relacionados
  - Miembros Familiares Extendidos-No Relacionados
- SOLAMENTE!**

### Cómo:

- 16 horas de entrenamiento
- Educación continua anual

### Cuales son los beneficios:

- Nueva tarifa de Suplemento Infantil y nueva tarifa de Planes de Responsibilidades Compartidas para proveedores de hogares de crianza enteros
- La oportunidad de asistir a padres adolescentes desarrollar técnicas para la vida y crianza de sus hijos/as
  - Criar independencia
  - Entrenamiento y apoyo

Para obtener información sobre las oportunidades de entrenamiento, por favor póngase en contacto con el colegio comunitario (vea el archivo adjunto).

Proveedores de Cuidado: si usted actualmente cuida a una menor embarazada o un padre adolescente en su casa, proporcione una copia de su certificado de WFFH al trabajador social del menor.

En caso contrario, para inscribirse como un pre-certificado WFFH, envíe por correo una copia de su certificado WFFH a: Los Angeles County DCFS, Child Welfare Health Services Section, 425 Shatto Place, Suite 500, Los Angeles, CA 90020. Si tiene preguntas, llame al numero (213) 351-5714.

Entrenamiento y más información vendran proximately por medio de la sección de entrnamiento de el Departamento de Niños y Servicios Familiares y su colegio comunitario local.

*"To Enrich Lives Through Effective and Caring Service"*

ICAN

(Inter- Agency Council on Child  
Abuse and Neglect)

Pregnant and Parenting

Teen Adolescent

Task Force

**TRANSITION AGE FOSTER YOUTH (TAFY) PROGRAM  
REFERRAL FORM**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**REFERRAL SOURCE**

Name: \_\_\_\_\_ Agency/Title: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please fill out as much of the following sections as you can.**

**YOUTH'S INFORMATION:**

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Phone number: \_\_\_\_\_ Gender: \_\_\_\_\_  
Current Living situation (e.g. foster home, group home, parent, relative): \_\_\_\_\_  
School: \_\_\_\_\_ Grade: \_\_\_\_\_  
Special Education: Yes / No Number of credits: \_\_\_\_\_  
Is the Youth Pregnant or Parenting? Yes / No

**CONFLICTS INFORMATION:**

Caregiver: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Biological mother: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Biological father: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Holder of education rights: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Youth needs help with: (Check as many as apply)**

- |   |   |
|---|---|
| <input type="radio"/> School Enrollment             | <input type="radio"/> Sealing juvenile records          |
| <input type="radio"/> AB216/Credit recovery         | <input type="radio"/> Tickets                           |
| <input type="radio"/> School of Origin              | <input type="radio"/> Restraining Orders                |
| <input type="radio"/> Special Education             | <input type="radio"/> Benefits (including SILP and ILP) |
| <input type="radio"/> School Discipline             | <input type="radio"/> Housing Advocacy                  |
| <input type="radio"/> Pregnant/Parenting/Family Law | <input type="radio"/> Immigration                       |

**Briefly describe reason for referral or particular areas of concern:**

*I have spoken with the youth about meeting with Public Counsel. \_\_\_\_ Yes \_\_\_\_ No*

Email to [sbalmer@publiccounsel.org](mailto:sbalmer@publiccounsel.org), or Fax to 213-385-9089, Attn: Sharon  
Questions? Contact 213-385-2977, Sharon Balmer Cartagena (ext. 102)



Go from 😱 to 😊

What happens after foster care? Are there different ways to finish high school?

Is there any \$\$ to help me get an apartment or go to college?

Get answers for foster youth on your computer or cellphone



**MYLIFEMYRIGHTS.ORG**

**MY LIFE, MY RIGHTS**

A guide for foster youth

FROM THE YOUTH LAW EXPERTS AT  Public Counsel



Ir de 🤯 a 😊

¿Qué sucede después del cuidado de crianza (foster care)? ¿Existen diferentes maneras de completar la escuela secundaria? ¿Existe \$\$ para ayudarme a conseguir un apartamento o ir al colegio? **Obtenga respuestas para jóvenes de crianza en su computadora or teléfono móvil.**



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**Mi Vida, Mis Derechos: Una guía para los jóvenes de crianza**

**MY LIFE, MY RIGHTS**

**A guide for foster youth**

FROM THE YOUTH LAW EXPERTS AT **Public Counsel** 

# THE FORCE FOR FOSTER YOUTH



Public Counsel's interdisciplinary staff provides intensive legal and social work support in the following areas:

- **General educational advocacy**, including AB216, credit recovery, grad planning, enrollment, school of origin
- **School discipline**
- **Special education advocacy**
- **Government benefits**, including ILP and SILP advocacy
- Adult and juvenile **Tickets**
- **Sealing juvenile records**
- Pregnant and Parenting Support/**Family Law**
- DV and Civil Harassment **Restraining Orders**
- **Housing** Advocacy
- **Immigration** Screening

For more information on the project  
or on how to refer youth, contact:  
[sbalmer@publiccounsel.org](mailto:sbalmer@publiccounsel.org) or have youth  
call (213) 385-2977 x 500

**Public  
Counsel**   
610 SOUTH ARDMORE AVENUE  
LOS ANGELES, CA 90005  
[PUBLICCOUNSEL.ORG](http://PUBLICCOUNSEL.ORG)



## Baby City Goals

- ◆ Expand existing parenting curriculum
- ◆ Develop new family life skills modules
- ◆ Impact Department of Family Services protocol to ensure a standard referral process
- ◆ Create a resource book and/or electronic guide for young parents
- ◆ Develop a services and outcomes database
- ◆ Evaluate referred services to identify which resources are being accessed
- ◆ Provide mentors while training youth to become mentors themselves
- ◆ Provide workshops and seminars for kinship givers, and pregnant and parenting youth

For more information contact

**Richard Fowler**

[rfowler@communitycollege.org](mailto:rfowler@communitycollege.org)



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Sacramento, CA 95815  
Phone: 916.418.5100  
Fax: 916.922.2374

3530 Wilshire Blvd., Ste. 610  
Los Angeles, CA 90010  
Phone: 213.427.6910  
Fax: 213.383.7913

*In partnership with*  
Inter-Agency Child Abuse and Neglect Committee (ICAN)



Public Counsel  
Forman Consulting  
Children's Law Center  
Los Angeles County Probation  
The Alliance for Children's Rights  
Los Angeles County Office of Child Care  
Teen Parent Program Los Angeles Unified School District  
Los Angeles County Department of Children & Family Services

# Baby City



## The Program

TCCF and the Inter-Agency Child Abuse and Neglect Committee (ICAN) of Los Angeles County created Baby City to break down the common barriers pregnant and parenting youth face such as locating local community resources, finding child care services or completing their education.

While existing programs are focused on the prevention of teen pregnancy, Baby City is designed to help youth who are already pregnant and/or parents.

Baby City facilitates self-sufficiency and positive outcomes for the family unit by ensuring appropriate knowledge of parenting and independent living skills.

## Target Population

In California, there are an estimated 8,000 pregnant and parenting youth who are currently in care or transitioning out of care.

Baby City targets pregnant and parenting male & female youth ages (14-21) who are at risk, in foster care/probation systems or already emancipated.

## Program Highlights



### A day full of fun, information and resources for pregnant and parenting teens

Baby City provides educational workshops on crucial issues such as child development, family law and domestic violence.

Baby City hosts up to thirty (30) local community based organizations serving pregnant and parenting youth and introduces teen mothers, fathers and caregivers to substantial resources that provide access to services that promote healthy families.

- ♦ Medi-Cal
- ♦ Housing
- ♦ Legal Issues
- ♦ Medical concerns
- ♦ College opportunities
- ♦ Domestic violence prevention
- ♦ Nurse-family partnerships
- ♦ Employment
- ♦ Substance abuse during pregnancy
- ♦ Financial aid
- ♦ Referrals to agencies
- ♦ Child care
- ♦ *Mommy & Me* reading corner
- ♦ Pre-school (Head Start)
- ♦ Parenting education

## Baby City helps young parents by

- ♦ Improving access to and use of resources and follow-up services
- ♦ Enhancing parenting skills to become self-sufficient
- ♦ Assisting youth to stay in school and advance to higher education
- ♦ Increasing awareness of Baby City among young fathers
- ♦ Promoting a healthy parent/child relationships





# Know Before You Go



## EXTENDED FOSTER CARE TOOLKIT

to make the most out of your last years  
in foster care and beyond



Children's Law Center  
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## WHAT IS A DOULA?

*A doula is a woman who helps a pregnant woman during childbirth.*

### What Will a Doula Do for Me?

A doula can help you make good decisions about your birth and your baby.

She will help answer any questions you may have about the birth. She can explain anything the doctors tell you and be there once you go to the hospital to explain what is going on.

You will meet your doula a couple of times before you go into labor and she will describe what you can expect during the birth of your baby. You can tell her what you'd like once you go to the hospital, what you are afraid of during labor, and how you'd like to be treated. She will help you write down things you want the doctors and nurses to know once you go to the hospital to have your baby (this is called a birth plan or birth wish list.) This list will look something like:

- *I'd like to use the shower during labor, and move around to manage the contractions. I don't want to be hooked up to machines, unless it is necessary*
- *I want to hold my baby as soon as possible after the birth*
- *I don't want a cesarean birth unless it is an emergency*
- *I'd like to hear my music while I am in labor*



Once you are in labor, she can help you decide when it is the right time to go to the hospital, and she will be at your side to help you relax. She will teach you breathing exercises, suggest different positions you can use to ease the pain, and she will rub your back.

Once you go to the hospital she will follow you, help you tell the nurses what you want, and make sure you get it.

If you have other friends or family members at your birth she can help them understand what is going on and she can suggest things they can do to help you.

She will stay a short time after the birth and help you feed your baby if you wish to breastfeed, and then visit you within a few days to check in on you and your baby. You will be able to text or call her after the baby is born and she will help you know many things about your baby like when to feed him/her, how you can help him sleep better, how and when you can give him a bath, and what to do when your baby is crying.

A doula is there for you and you alone, and does not work for your doctor, the hospital or DCFS.



### How Can Having a Doula Help?

Mommies who have doulas:

- Have shorter labors
- Have less pain
- Are less likely to have a cesarean section
- Are less likely to need drugs to help labor progress
- Are happier with their birth experience
- Feel good about their birth and feel closer to their babies.
- Feel listened to and well cared for

If you would like to have a doula, or would like to learn more about what they do, please contact Danika, she will connect you with one of their wonderful volunteer doulas.

Danika Charity  
(323) 487-3708 [danikacharity@yahoo.com](mailto:danikacharity@yahoo.com)  
[JoyInBirthingFoundation.org](http://JoyInBirthingFoundation.org)



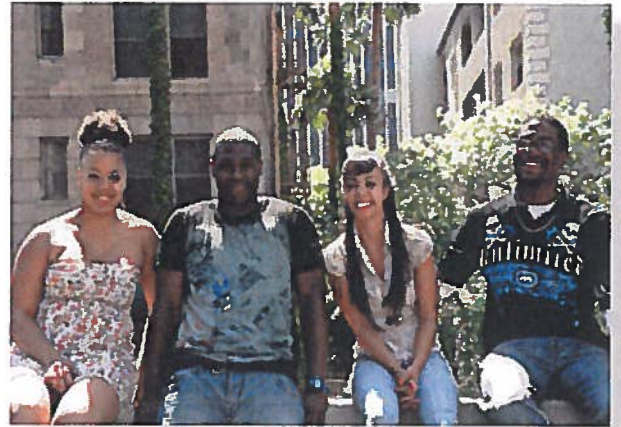


# KNOW BEFORE YOU GO

## Reproductive Health

The more educated you are about sexual health and prevention practices, the more power you have over your life. You have a right to private health care. The clinic or doctor cannot tell anyone you were there unless you say it's okay, regardless of how old you are or whether or not you are in foster care. The decision of when to begin a family is yours. Even if you already have a child, you can get help with future family planning and goal setting so you can protect your health, practice safe sex and prevent unwanted pregnancy.

If you are having sex, you should see a doctor at least once a year. If you are thinking about having sex, you should see a doctor before you have sex. Females should see a gynecologist for a pap smear and sexually transmitted infection screening. Males should be tested for sexually transmitted infections. To find a doctor:



- Visit [www.plannedparenthood.org](http://www.plannedparenthood.org).
- Speak to your primary care doctor for a referral to a gynecologist.
- Contact the Los Angeles County Department of Public Health, Sexually Transmitted Disease Program [publichealth.lacounty.gov/STD/clinics.htm](http://publichealth.lacounty.gov/STD/clinics.htm).

### Birth control

There are many choices for birth control and ways to pay for it including the birth control pill, condoms and long-acting reversible contraception (LARC), such as shots and Intra Uterine Devices (IUDs). These methods are very effective and work for a long period of time without you having to do anything. Medi-Cal and other health insurance pays for birth control.

- Talk to a medical provider to determine the best form of birth control for you or visit [www.bedsider.org](http://www.bedsider.org), which explains the different types of birth control.

### Abortion

No one can make you have an abortion or stop you from having one. It is your right to decide when you want to start a family. There are free and low-cost procedures available and the clinic will keep it private.

### Sexually Transmitted Infections (STIs)

You can have an STI without knowing it. Many STIs do not have symptoms. There are two primary ways that STIs are transmitted. Some diseases, such as HIV infection, gonorrhea, chlamydia and trichomoniasis, are transmitted during sexual intercourse. Genital ulcer diseases (such as genital herpes, syphilis, and chancroid) and human papillomavirus (HPV) infection is passed through vaginal, anal and oral sex, and any genital-to-genital contact. HPV can be passed between straight and same-sex partners, even when the infected person has no signs or symptoms. Many STIs are easily treated and cured. If you have unprotected sex, it is your right to get tested for an STI and treated in private. If you are pregnant and you have an STI, you may pass the infection to your baby, so every woman should be checked for STIs as soon as she thinks she might be pregnant.



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## Resources

Los Angeles County Department of Public Health, Maternal, Child and Adolescent Health, [publichealth.lacounty.gov/mch/#](http://publichealth.lacounty.gov/mch/#).

Planned Parenthood offers a full range of private reproductive health care services for teens and adults. In many cases, their services are free. Their staff can help you with everything from birth control, to STI and HIV testing to goal setting. There are many Planned Parenthood Clinics throughout Los Angeles County.

Visit [www.plannedparenthood.org](http://www.plannedparenthood.org) or call today to find a clinic nearest you:

-  Planned Parenthood LA: 1.800.576.5544
-  Planned Parenthood Pasadena/San Gabriel: 1.800.230.7526
-  Planned Parenthood Orange County: 714.633.6373
-  Planned Parenthood San Bernardino: 909.890.5515

For more information, visit [kids-alliance.org](http://kids-alliance.org) or [clccal.org](http://clccal.org).



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# NEXTSTEP PROGRAM

## For Transition-Age Youth

### Support for individuals aged 14-24

- ☒ Sealing juvenile records
- ☒ Identity theft
- ☒ Credit and collections
- ☒ Contracts and lease review
- ☒ Transitional housing information
- ☒ Medical bills and treatment details
- ☒ Access to ILP services
- ☒ Supplemental Security Income (SSI)
- ☒ AB 12 re-entry | extended foster care
- ☒ Clearing juvenile tickets
- ☒ Higher education information



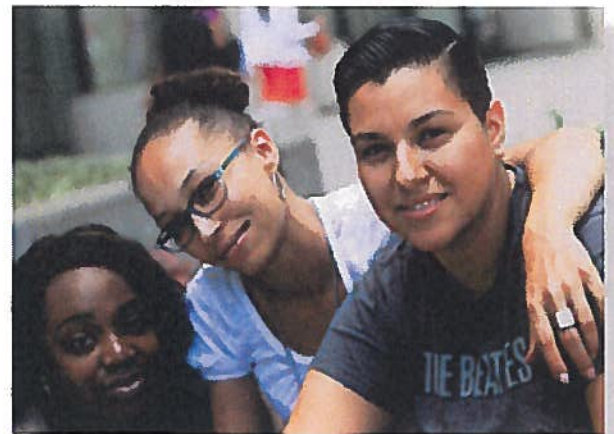
For more information on any of our programs, please contact 213.368.6010 or visit [kids-alliance.org](http://kids-alliance.org)

### Workshops

- ☒ AB 12/extended foster care
- ☒ Buying or leasing a car
- ☒ Finding and interviewing for a job
- ☒ Applying and paying for your education
- ☒ Avoiding consumer scams and false ads
- ☒ Understanding your credit report
- ☒ Knowing your education rights
- ☒ Protecting your identity
- ☒ Developing a meaningful TILP

### Mentoring for Individuals Age 18 to 22

Let a mentor help you. The Alliance will match you with an adult who can talk with you about big decisions, how to better your life, achieve academic and professional success, and weathering the storms of independent living.



### Important Contacts

- ☒ Child Abuse Hotline
- ☒ DCFS Main Number:
- ☒ Youth Development Services:
- ☒ Independent Living Services:
- ☒ Probation Transition Services:
- ☒ CA State Foster Care Ombudsman:
- ☒ Medi-Cal Information, local:
- ☒ Chafee Grants:
- ☒ FAFSA:
- ☒ Department of Mental Health TAY Services
- ☒ CalFresh

800.640.4000  
213.351.5507  
877.694.5741  
877.MYILP411  
213.351.0222  
877.846.1602  
888.4LA.CARE  
[www.chafee.csac.ca.g](http://www.chafee.csac.ca.g)  
[www.fafsa.ed.gov](http://www.fafsa.ed.gov)  
213-738-2408  
[TAYDivision@dmh.lacnty.gov](mailto:TAYDivision@dmh.lacnty.gov)  
877.847.3663

For more information, visit [kids-alliance.org](http://kids-alliance.org) or [clccal.org](http://clccal.org).



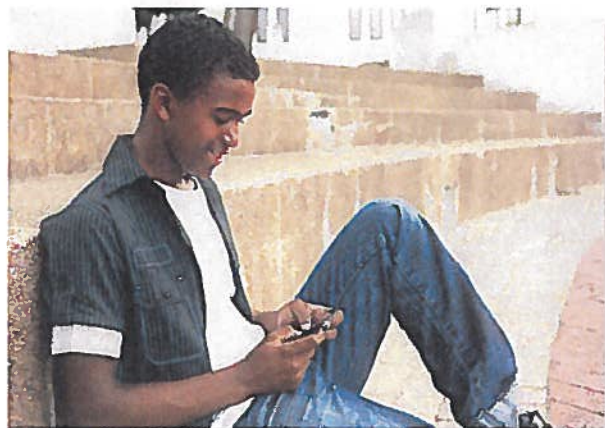
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# KNOW BEFORE YOU GO

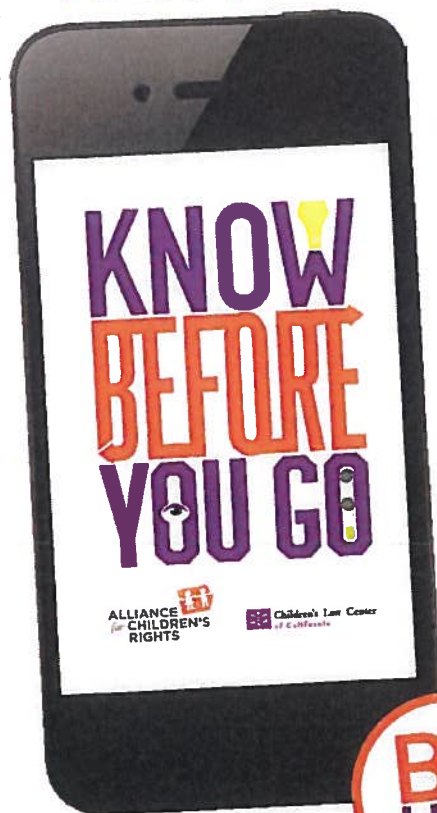
## Free Smart Phone App

Life can be hectic, scary, stressful and confusing. To survive and thrive you need to stay tuned into the people, places and services that can support you as you build your life outside of foster care. Know Before You Go (B4UGo) is the best way for current and former foster youth in L.A. County to stay connected. With a quick tap on your phone, you can be virtually linked to a lifeline of resources, tools, supports and advocates whether you are in Los Angeles, Lancaster, Long Beach or anywhere in the county.



B4UGo is easy to use. Say you are looking for housing, then just go to the map listing for transitional or shelter housing, and the ones closest to you will pop up on your map. You can even get directions to get there. If you want to talk to an advocate or your attorney about something that's bothering you or find opportunities, you can also click on links and go directly to groups and organizations that specialize in transition-aged foster youth.

### Free App!



#### B4UGo Key Features:

- ⇒ GPS mapping of services near you, including transitional housing, shelters, food banks, schools, jobs and more.
- ⇒ Links to helpful resources and organizations that offer programs for transition-age foster youth in L.A. County.
- ⇒ Optional sign-up for alerts and notifications when a new program opens up, special offers for foster youth, deadlines for school, dates for job fairs and access to other helpful tips.
- ⇒ Connect with us on Facebook, Twitter and Instagram.
- ⇒ WiFi capable, so you can use it at a WiFi hotspot even if your data/voice plan is not on.
- ⇒ Available for iPhone, Android and Blackberry phones.



↖ Scan this or text  
"before" to 96362  
to get the app now!

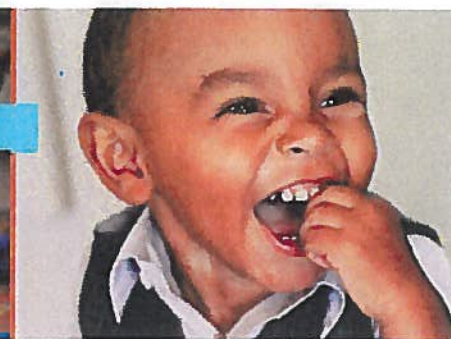
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## Talk to Your Baby!

The more words you say to your baby, the smarter he/she will be!

If you don't talk to your child by the time she is 1 year old, she will likely have fallen behind kids whose parents frequently talk to their infants. This might mean she won't talk as much or understand and learn as well as other children.

The key to learning for babies and young children is talking to them! The more you speak to a child **from the time they are born**, the better! As silly as you might feel talking to a newborn, know that you are making them smarter and connected to you.

**Explain** things around them and what you're doing with them, for example: *Feel Teddy's nose! It's so soft! Cars make noise — look, there's a yellow one! Baby feels hungry? Now Mommy is opening the refrigerator. So put those smartphones away!*

The greater number of words babies and children hear from their parents or caregivers, **the higher their IQ and the better they will do in school**. TV talk doesn't help — it has to come from you!



I see a mouth, two teeth and healthy pink gums!



Jonah has two eyes, two hands and feet, one little nose and ten fingers.



Feel Nila's nose. It's so soft. We use our noses to smell, breathe and sneeze!



Mommy is using a yellow scrubber to give you a bath. The water is warm.

- **Try** to use a gentle or conversation voice to talk to your baby so they always feel safe.
- Babies can't talk so when they cry they are trying to tell you **they need something** like food, a new diaper, to be comforted or cuddled.



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# KNOW BEFORE YOU GO

## Pregnant & Parenting Youth

If you are pregnant, have children and are a current or former foster youth, services exist to help you. Below are some of the resources available to pregnant and parenting teens and adults.

### Reproductive health

See a doctor if you are thinking about having sex. If you are having sex, you should see a doctor at least once a year. Women should see a gynecologist for a routine pap smear and testing for sexually transmitted infections (STIs). Men should also see a doctor for STI testing.

- Visit [www.plannedparenthood.org](http://www.plannedparenthood.org) to find a doctor or speak to your primary care physician for referral to a gynecologist.



### Birth control

There are many types of birth control to choose from, including types that last up to ten years. Talk to a medical provider to decide the best form of birth control for you. You can get birth control from your doctor or from Planned Parenthood.

- Visit [www.bedsider.org](http://www.bedsider.org) to learn about the different types of birth control.
- Visit [www.plannedparenthood.org](http://www.plannedparenthood.org) for locations and contact information.

### Pregnant and parenting support for first time moms

The Nurse-Family Partnership Program (NFP) is a free, voluntary program for first-time moms of any age. A nurse who works with moms and babies will visit you throughout your pregnancy and until your baby turns two. Nurse visitors can answer your questions and concerns, prepare you for childbirth, and help you deliver a healthy baby. After your baby is born, they will continue to visit you, answer your questions about parenting and help you keep your baby healthy. Your social worker can refer you or you can refer yourself.

*"Your nurse home visitor will always be there for you, from helping you have a healthy pregnancy, to coaching you on child development, to empowering you to pursue your heart's desire." — NFLP*

- Visit <http://Publichealth.lacounty.gov/mch/nfp/nfp.htm> or call 213.639.6422 or 213.639.6434.

**IMPORTANT: REFERRALS TO THE NFP MUST BE SUBMITTED BY THE 24th WEEK OF PREGNANCY.**

### Infant Supplement

If you are in foster care and have a child, an Infant Supplement of \$411 per month is provided. The Infant Supplement is paid to your foster parent or relative caregiver, or to you if you are living in a Supervised Independent Living Program (SILP). Your social worker should be notified as soon as your baby is born so she/he can submit the DCFS 280 (TA Action Request form).

### Financial help

After you leave foster care you may be eligible for CalWORKs. CalWORKs is a welfare program that gives monthly cash aid and services to eligible needy California families to help pay for housing, food or other necessary expenses.

- Contact the Department of Social Services to find out how to enroll.
- Visit <http://www.ladpss.org> or find the closest office by calling 866.613.3777.



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### Health and nutrition

Women, Infants and Children (WIC) is a supplemental health and nutrition program that serves low to moderate income pregnant, breastfeeding and new mothers as well as infants and children below five years of age. WIC has local offices all over California.

 Call 1.888.WIC.WORKS or visit [www.wicworks.ca.gov](http://www.wicworks.ca.gov) to download and print an application form and find the WIC office nearest you.

### Support for pregnant and parenting adolescents

The Adolescent Family Life Programs (AFLP) serve youth up to age 19. Case managers work with you so your baby is healthy. They help you decide how to finish school, and they also connect you to jobs and skills training. They also provide information about birth control, preventing sexually transmitted infections, and violence prevention. They have programs for teen fathers too.

 Visit [dcfs.co.la.ca.us/Policy/FYI/2002/02](http://dcfs.co.la.ca.us/Policy/FYI/2002/02) to find an office near you.

### Support for fathers

Project Fatherhood is a program of Children's Institute Inc. that offers support for fathers. Services include individual and family counseling, group support, significant others group, therapeutic activities for children, preventing child abuse and neglect and helping fathers to make healthier decisions in relationships.


 Contact: Children's Institute Inc., 2121 West Temple Street Los Angeles, CA 90026  
Phone: 213.260.7600. Email: [PFatherhood@ChildrensInstitute.org](mailto:PFatherhood@ChildrensInstitute.org)

### Education

You have a right to stay in your current school if you are pregnant or parenting. However, there are high schools that only serve pregnant and parenting teens. An example of such a school in the Los Angeles Unified School District is McAlister High School or New Village Charter School.

 McAlister, <http://mcalisterhs-laUSD-ca.schoolloop.com> or call 213.381.2823

 New Village Charter School, [www.newvillagecharter.org](http://www.newvillagecharter.org) or call 213.385.4015

 If you are outside LAUSD, contact your local school district for a listing of alternative schools.

### Child care

The Los Angeles County Resource and Referral (R & R) Agencies help provide parents with free or low-cost child care. If you are in foster care, you may be eligible for child care funding through DCFS. Ask your social worker to make a referral to the DCFS child care unit, or call the Alliance for Children's Rights for help. Either way, you should still get on the Resource and Referral waitlist as soon as possible after your baby is born.

 Call the R & R Hotline at 888.922.4453 to find the agency in your area and get on the waitlist for child care.

### If you are in foster care and have a child

If you are in foster care and have a child, your child will not automatically be placed in the foster care system. Your child may only be removed from you if there is suspicion of abuse or neglect. Running away may be considered neglect.

Unless your baby is also in foster care, the responsibility for the care and wellbeing of your child is yours. An Infant Supplement (cash assistance) is paid to your foster care provider to assist with the baby's financial needs. The baby will have his/her own Medi-Cal coverage.

If you are in extended foster care and living in a Supervised Independent Living Placement (SILP), the Infant Supplement will be paid directly to you in addition to the foster care payment.

If you are pregnant or parenting, you have a right to have a Pregnant and Parenting Teen (PPT) Conference to identify your needs and help you find appropriate resources and services. Your social worker, a facilitator from DCFS, and a knowledgeable advocate, will be at the conference. You can invite members of your support system to participate, including the baby's other parent, family members and friends. Talk to your social worker or attorney about scheduling a PPT Conference.

For more information, visit [kids-alliance.org](http://kids-alliance.org) or [clccal.org](http://clccal.org).



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## STAYING ON TRACK FOR HIGH SCHOOL GRADUATION: Foster/Probation Youth's Right to Partial Credits

### Did you ever:

- ✓ Transfer schools mid-semester and not get credits for the classes you took at your old school?
- ✓ Take the same class more than once, even though you already passed the class?
- ✓ Transfer schools mid-semester and get put in different classes than those you were taking at your old school?

### As a foster or probation youth, you:

- ✓ Must receive partial credits when you transfer schools mid-semester for all work you completed at your last school.
- ✓ Cannot be forced to retake parts of a class you already completed, if it would push you off track for high school graduation.
- ✓ Must be enrolled in the same or similar courses as those you were in at your last school.

Education Code §§ 49069.6, 51225.2

## Partial Credit Checklist

To stay on track for high school graduation when you transfer schools, the following must happen:

### Before you leave your old school:

1. Your social worker or education rights holders must complete all disenrollment documents and give it to your school counselor.
2. Each of your teachers must provide your school registrar or counselor with a "check out" grade that is based on all the work you completed in the class before you transferred.
3. For each class that you passed, your school registrar or counselor must calculate the number of partial credits you earned. This will be based on the number of days you attended school.
4. Your school must put your check out grades and partial credits onto an official transcript and send it to your new school.

### When you get to your new school:

1. Your new school registrar or counselor must request all records from your old school, including an official transcript with all check out grades and partial credits.
2. Your school registrar or counselor must accept the credits and grades you earned at other schools and apply them to classes required for high school graduation, not just elective courses.
3. Your school counselor must *immediately* enroll you in the *same or similar classes* that you were enrolled in at your old school.

If you believe that you were not given partial credits that you have earned, work with your social worker or education rights holder to contact your old schools to request partial credits. You can also contact the Alliance for Children's Rights for assistance.



Family



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## School Enrollment for Foster and Probation Youth

### HAVE YOU HEARD THIS BEFORE?

If you are missing credits or have bad grades, you must go to an independent study program or continuation school, not your local school.

You can't enroll in school without providing all of your records to your new school.

You can't take the same classes you were in at your last school because those classes are too full at our school.

### WHAT ARE MY RIGHTS AS A FOSTER OR PROBATION YOUTH?

- ✓ You have a right to attend your local school, unless you (1) have an IEP and that IEP requires you to attend a different type of school to meet your personal needs; (2) have been expelled after a formal hearing; or (3) are currently in juvenile hall or camp (youth returning from hall/camp have a right to attend their local school).
- ✓ You cannot be forced to attend a continuation school, adult school, or independent study even if you are not on track for high school graduation, have failing grades, have behavior problems at school.
- ✓ You must be immediately enrolled in your new local school if your education rights holder decides it would be best for you, even if you do not have any of the required documents (transcripts, immunization records, proof of residence).
- ✓ You have a right to be enrolled in the same or similar classes at your new school as those you were taking at your old school when you transfer mid-semester, even if the classes are already full.

Education Code §§ 48853, 48853.5

### WHAT CAN YOU DO TO PROTECT YOUR RIGHTS?

- Speak to your caregiver or education rights holder (if you are under 18 years old) and ask them to help determine what your local school is based on the address of where you are currently living.
- You and your education rights holder should set up a meeting with your local school to complete enrollment paperwork.
  - Bring a copy of your transcript; a document, such as a gas bill, that shows your current address; and any other school documents you have. Remember, you have a right to immediate enrollment as a foster or probation youth even if you do not have all these documents.
- After completing the enrollment paperwork, meet with a school counselor to set up your class schedule. You must be enrolled in the same or similar classes as those you were taking at your last school. They cannot make you take all elective classes.
- If your local school refuses to immediately enroll you, contact your social worker or probation officer to ask for help. Do not wait until your next court date to ask for help.
- Ask your school counselor to request your records from your old school, including an official transcript with all partial credits and check out grades.

*If you believe that you are not enrolled in the correct school or that you were not given partial credits, speak with your education rights holder and social worker. You can also contact the Alliance for Children's Rights for assistance.*





## SHOULD I GRADUATE UNDER AB 167/216? A Guide for Foster and Probation Youth

### What is AB 167/216 Graduation?

You can receive a high school diploma if you:

- ✓ Transfer after your second year of high school;
- ✓ Are behind on credits and off track for high school graduation;
- ✓ Complete state graduation requirements (130 credits);
- ✓ Pass the CAHSEE; and
- ✓ Remain in high school for four years.

### What are the state graduation requirements?

You must complete the following 130 credits:

- ✓ English: 30 credits
- ✓ Math: 20 credits (including Algebra 1)
- ✓ Social Sciences: 30 credits (World History, US History, Government, Economics)
- ✓ Science: 20 credits (Physical Science, Biological Science)
- ✓ Visual/Performing Arts or Foreign Language: 10 credits
- ✓ Physical Education: 20 credits

### How do I know if I can graduate under AB 167/216?

- Step 1.** Your new school must review your transcripts (including classes and credits) from your previous schools.
- Step 2.** Using this information, your new school must decide whether or not you are eligible for AB 167/216 graduation.
- Step 3.** Within 30 days of transferring, your school must provide you, your education rights holder, and social worker with a decision, in writing, about your eligibility. You should keep this document in case you transfer to another school. **If you are 18 or older, you are your own education rights holder.**
- Step 4.** If you are eligible, only your education rights holder can decide whether you should graduate under AB 167/216. Your school cannot force you to graduate under AB 167/216.

### Should I graduate under AB 167/216 if I am eligible?

| PROS  | CONS   |
|---|--|
| <ul style="list-style-type: none"> <li>✓ Receive a regular high school diploma</li> <li>✓ Graduate on time with classmates</li> <li>✓ May be eligible to attend community college for free</li> </ul> | <ul style="list-style-type: none"> <li>✗ Usually not eligible to apply directly to a four year university</li> <li>✗ Inappropriate for youth with low academic skills</li> <li>✗ No longer eligible for extra-curricular high school activities, including sports</li> </ul> |

### What else do I need to know about AB 167/216 Graduation?

- ✓ You must stay in high school for four years, even if you complete all AB 167/216 graduation requirements earlier.
- ✓ You have a right to remain in your current high school for a 5th year to complete all graduation requirements if you do not want to graduate under AB 167/216.
- ✓ Once your school tells you in writing that you are eligible for AB 167/216 graduation, you have a right to graduate under AB 167/216 even if your foster care/probation case closes or you transfer schools before you graduate.

Education Code § 51225.1

**If you have any concerns regarding your eligibility for AB 167/216 graduation, speak to your school counselor and education rights holder. If you have any questions or have an IEP, please contact the Alliance for further assistance.**



# Home Visitation Programs



# Home Visiting

## What are the Benefits of Home Visiting Programs?

- High-quality, voluntary home visiting can improve both immediate and lifelong family and child outcomes including school readiness, child health, maternal health, positive parenting practices and reductions in child maltreatment. ([homvee.acf.hhs.gov/outcomes.aspx](http://homvee.acf.hhs.gov/outcomes.aspx))
- Creating stable, supportive environments for at-risk children in their early years benefits society by building more self-sufficient families and a well-developed workforce. Home visiting programs can pay for themselves by generating long-term savings.

## What Does First 5 LA's Voluntary Universal Home Visiting Program Look Like?

- The Welcome Baby program is designed to work with families to enhance the parent-child relationship and the health, safety and security of the baby. The program also assists families in accessing support services when needed in First 5 LA's 14 *Best Start*\* Communities.
- The Welcome Baby program offers hospital- and home-based services for pregnant women and mothers.

## Effects of Welcome Baby Home Visiting: Findings from the 24-Month Child & Family Survey

- Increased responsiveness and encouragement toward toddlers.
- Higher quality home environment with an increase in observed learning materials.
- Increased engagement in home learning activities, such as singing songs or playing games.
- Stronger communication skills among 1- and 2-year-olds
- California Hospital Medical Center, in partnership with Maternal Child Health Access, began implementing the Welcome Baby Pilot in *Best Start* Metro LA in 2009.

Other hospitals currently participating include:

- Antelope Valley Hospital
- Centinela Memorial Medical Center
- Citrus Valley Medical Center
- Providence Little Company of Mary Medical Center San Pedro
- Miller Children's & Women's Hospital
- Northridge Hospital Medical Center
- Providence Holy Cross Medical Center
- St. Mary Medical Center
- St. Francis Medical Center
- Torrance Memorial Medical Center
- Valley Presbyterian Hospital
- White Memorial Medical Center

## What is voluntary home visiting?

Voluntary home visiting programs pair families with trained professionals who provide ongoing information and support services in the families' homes during pregnancy and up to three or more years after the child's birth.

*Pew Center on the States, August 2011*

Welcome Baby  
anticipates serving over  
**34,000** babies born  
each year by 2016.

*\*Best Start is First 5 LA's place-based investment effort. It is intended to improve the lives of young children and their families by positively impacting the systems and environments in which they live, learn and play.*



Champions For Our Children  
[www.First5LA.org](http://www.First5LA.org)

- Welcome Baby has two tiers of service based on family need and community of residence. The first tier represents a level of service that is beneficial to most families and creates an opportunity to engage and refer families with additional needs to appropriate services in their community. The second tier consists of intensive services that are best suited to families who need a greater level of support and will provide support for three-five years.
- First 5 LA has committed \$17.5 million for Welcome Baby and \$12.4 million for intensive evidence-based voluntary home visiting services for FY 2014-15.
  - *Best Start* communities chose one of three First 5 LA approved evidence-based models for the second tier of service:
    - Healthy Families America
    - Parents as Teachers
    - Triple P

### The Federal Government's Home Visiting Program

- The Federal Maternal Infant and Early Childhood Home Visiting (MIECHV) program began in March 2010 when President Obama signed into law the Patient Protection and Affordable Care Act of 2010. The Act authorized the creation of MIECHV, which allows collaboration and partnership at the federal, state, tribal, and community levels to improve health and developmental outcomes for at-risk children through evidence-based home visiting programs. Funding is authorized through March 31, 2015.
- Total fiscal year 2012-13 MIECHV funding for California was \$18.7

million. For fiscal year 2013-14 it is \$20.2 million.

### California's Home Visiting Program

- The California Home Visiting Program was created as a result of the Patient Protection and Affordable Care Act of 2010 and receives funding from the federal MIECHV program.
- Programs are meant to target participant outcomes which include: improved maternal and child health, prevention of child injuries, child abuse and maltreatment, reduction of emergency department visits, improvement in school readiness and achievement, reduction in crime or domestic violence, improvements in family economic self-sufficiency, and improvements in the coordination and referrals for other community resources and supports.
- Currently, the California state program is supporting funding for two of the 13 federally-approved programs: Healthy Families America and Nurse-Family Partnership.
- L.A. County is receiving \$7.1 million over three years to expand the two state approved programs in the county.

According to a 2005 RAND Corp. study, high-quality home visiting produces positive outcomes for high-risk participants that, over time, yield returns of up to **\$5.70** per taxpayer dollar spent.

Since the MIECHV Program was enacted in 2010, it has been implemented in 544 communities in all 50 states, the District of Columbia, and five territories to serve about **15,000** families.

For more information please contact  
**Tessa Charnofsky, Government Affairs Manager,**  
**tcharnofsky@first5la.org, (213) 482-7555**





**NURSE-FAMILY PARTNERSHIP-LOS ANGELES**

Nurse Family Partnership Program – Los Angeles (NFP-LA) was piloted in 1997 as the “Esperanza” program at California Hospital and Medical Center and expanded countywide in February 2000. NFP is an evidence-based model of nurse home visiting developed by Dr. David Olds in Elmira, New York over 40 years ago that is now in over 32 states and in Europe. NFP has been shown to enable at-risk mothers and their children get and stay on the path to a meaningful and productive life.

NFP targets low-income, socially disadvantaged, first-time pregnant women to improve pregnancy outcomes, qualities of parental care giving, child health, and maternal life-course development. Nursing follow-up begins before the mother’s 24<sup>th</sup> week of pregnancy (preferably beginning at or before her 16<sup>th</sup> week of pregnancy) and extends through the critical first two years of the child’s life.

NFP Nurse home visitors follow tested program protocols that focus on five domains of functioning: personal health, environmental health, maternal role development, maternal life-course development, and family and friends support. The Nurse assesses and provides direct services and intervention (e.g., referrals, education or counseling) for any problems identified during the 2 ½ years of follow up.

Each NFP Nurse carries a maximum caseload of 25 families, and the visitation schedule mandated in Program protocols is:

- ♦ Weekly visits during the first month following enrollment (4 visits)
- ♦ Biweekly visits for the remainder of the pregnancy (5+ visits)
- ♦ Weekly visits during the first six weeks after delivery (6 visits)
- ♦ Biweekly visits thereafter through the 21<sup>st</sup> month of childhood (40 visits)
- ♦ Monthly visits until the child reaches age two (3 visits)

**EFFECTIVENESS OF THE NFP MODEL PROGRAM**

Following the three initial clinical trials, Dr. Olds has continued to measure outcomes at all the nation’s NFP program sites. The following are considered to be a few of the consistent program effects that are seen with NFP intervention. (see also: [www.nursefamilypartnership.org](http://www.nursefamilypartnership.org) for more details on research findings):



- Improved Prenatal Health
- Fewer Childhood Injuries
- Reduced Child Abuse and Neglect
- Fewer Subsequent Pregnancies
- Increased Intervals Between Births
- Increased Maternal Employment

**INTAKE CRITERIA**

Pregnant for the first time, less than 24 weeks pregnant and  
Living in poverty (200% of FPL)



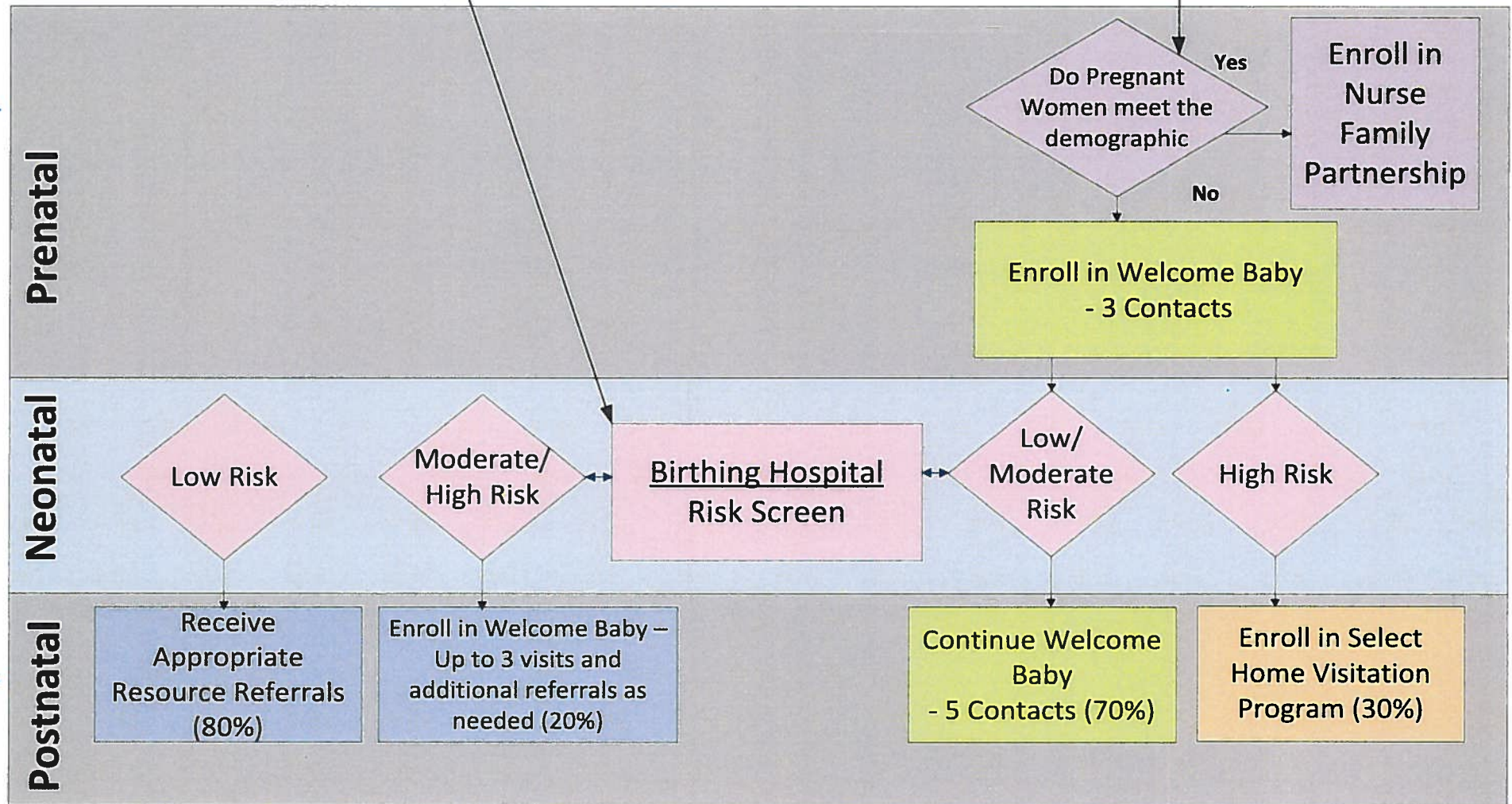
**CALL 213) 639-6433 TO ENROLL**



# First 5 LA Home Visiting Client Flow

Countywide  
(Non-Best Start)  
Women and their  
Families

Best Start  
Women and their  
Families



## LOS ANGELES PERINATAL AND EARLY CHILDHOOD HOME VISITATION CONSORTIUM STRUCTURE

### CONSORTIUM

Home visitation stakeholders from across Los Angeles County coming together periodically to enhance our cohesive and comprehensive system.



### COMMUNITY ADVISORY BOARD

- Review and recommend policy and operational initiatives to expand, sustain, and enhance home visitation services
- Advocate on behalf of children, pregnant women, families, and home visitors
- Recommend quality standards of practice and training opportunities for home visitors
- Develop common outcomes, common indicators of outcomes, and uniform evaluation measures to analyze effectiveness
- Review and provide oversight to the California Home Visiting Program
- Oversee the progress for quality measures and Continuous Quality Improvement processes
- Promote collaboration between home visitation agencies (public/private) to coordinate



### POLICY SUBCOMMITTEE

- Develop policy recommendations
- Communications plan (awareness campaign)
- Develop/advocate for applicable quality standards, common indicators, and outcome tracking/reporting mechanisms
- Identify additional funding mechanisms
- Collaborate with Operations for referral system (matrix)



### OPERATIONS SUBCOMMITTEE

- Design and implement a referral system (matrix)
- Establish a data system to monitor expected outcomes
- Collaborate to identify quality standards, common indicators, and outcome tracking/reporting mechanisms
- Share opportunities for cross-agency training and review available competencies for home visitors

Imagine LA





**One team. One family. A lifetime of change.**

**Imagine LA** is a not-for-profit organization dedicated to mobilizing teams and community resources to end the cycle of family homelessness, poverty and neglect. Our Family Mentorship Program matches a team of volunteers from committed organizations to work directly with a family.

## IMAGINE A FAMILY

Los Angeles is the homeless capital of our country with thousands of families homeless on any given night. Kids struggle to stay in school. Parents, including veterans, wrestle with recovery, violence and unemployment. The cycle of chronic poverty places dreams out of reach.

## IMAGINE A TEAM

It could be a team of volunteers from your company. Your house of worship. Your service organization. It's your heart and your talent, making a difference for an entire family. It's the part of you that's ready to be surprised by the strength in the people you mentor, together as a team – and the strength you find in yourself.

Imagine LA works with families who are moving from a transitional shelter into their own housing. We train and guide each mentor team to work with a family to maintain housing, to attain self-sufficiency and to ensure that every family member thrives.

*"Imagine LA gave me a second chance and the confidence to be a good parent and employee... We are now thriving."*

- Reco

## IMAGINE A CHANGE

Imagine LA works. Today, kids are excelling in school, parents are on career tracks and everyone remains in stable housing. For families escaping the cycle of poverty, **a mentor like you can make the difference between surviving and thriving.** For formerly homeless families who have just gotten a roof over their head, the support of a team of mentors can take them from just being housed...to truly being home.

**WE CAN IMAGINE AN END TO THE CYCLE OF POVERTY.  
WE JUST CAN'T IMAGINE IT WITHOUT YOU.**

Ph | 323.944.0210  
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Em | [info@imaginela.org](mailto:info@imaginela.org)

**Imagine LA**  
5455 Wilshire Boulevard, Suite 1001  
Los Angeles, California 90036

[ImagineLA.org](http://ImagineLA.org)  
f **ImagineLA**



## PILOT MENTORSHIP AND SUPPORT PROGRAM FOR PREGNANT AND PARENTING TRANSITION AGE FOSTER YOUTH (TAY) FAMILIES

Imagine LA is excited to share that we will be partnering with LA County's Department of Children and Family Services (DCFS) in a pilot project that utilizes Imagine LA's innovative family mentorship program to work with foster youth exiting the system who have children or are pregnant. This pilot project is funded by the Inter-Agency Council on Child Abuse and Neglect.

Studies show:

- Among girls in foster care at age 17, more than 25% had given birth at least once during their teens.<sup>1</sup>
- Among girls with a first birth before age 18, more than one in three had a second teen birth.<sup>1</sup>
- Over 50% of TAY experience homelessness within their first year of emancipation.<sup>2</sup>
- 44% of the young children of emancipated TAY return to foster care.<sup>2</sup>

The pilot project will serve 10 - 15 TAY families leaving AB12's Extended Foster Care (EFC) to participate in Imagine LA's two-year Family Mentorship Program. The goal of this pilot program is to help these young, extremely vulnerable families build relationship skills and connections **that empower them to stay together, stay housed, break their cycle of abuse and neglect, and thrive.**

The Imagine LA Family Mentoring Program, which has proven results of helping families stay housed, become self-sufficient with every member thriving, will be used to help these fragile families. In addition, the program will focus on known factors that often lead to child abuse and neglect: positive parenting skills, employment and housing supportive services, and community engagement, such as "Mom" breaks, play dates, and social networking. In conjunction, their children will receive support and mentoring. To ensure the mother and children receive the additional support they might need, a special "Play Volunteer" will be added to the team to facilitate child developmental activities.

The words of Sarah tell of the impact we have on the lives of former foster youth and their children, "My path was not easy, but with my Imagine LA team, I was able to secure a fulltime job and buy my own car. I'm still discovering who I am and I'm so thankful that I have mentors who are willing to take this journey of discovery with me." She is a recent graduate of our program who left her foster home at 18. She became homeless, and then pregnant. She and her son are now thriving, she is working full time, her son is blossoming in day care and they are a part of a loving community.

We are now recruiting mentor teams, to journey with these TAY Families. To learn more, please contact Tara at 323.944.0210 X412 or [Tara@ImagineLA.org](mailto:Tara@ImagineLA.org).

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<sup>1</sup> E. Putnam-Hornstein et al. (2013). California's most vulnerable parents, A population based examination of maltreatment history among adolescent mothers. Los Angeles, CA: Children's Data Network.

<sup>2</sup> Dennis P. Culhane, PhD et al. (2011). Young Adult Outcomes of Youth Exiting Dependent or Delinquent Care In Los Angeles County. Los Angeles, CA: Conrad N. Hilton Foundation funded study.





## IMAGINE A TEAM

### THE IMAGINE LA FAMILY MENTORSHIP PROGRAM

**Imagine LA** is dedicated to mobilizing volunteer teams in the community to end the cycle of family homelessness and poverty.

Families are an often-overlooked segment of the homeless population, with their own special challenges. Many bounce in and out of homelessness as parents face difficulty increasing their incomes and saving money. Youth in these families often struggle in school, with fewer than half graduating high school.

#### THE FAMILY MENTORSHIP PROGRAM

Our innovative Family Mentorship Program matches each dedicated volunteer team with a Family, working directly with the Family for 1-2 years.

The Team and Family walk together on a journey out of chronic poverty to a place of permanent housing, self-sufficiency, confidence and wellness — where every member of the Family is thriving.

#### ONE TEAM ONE FAMILY

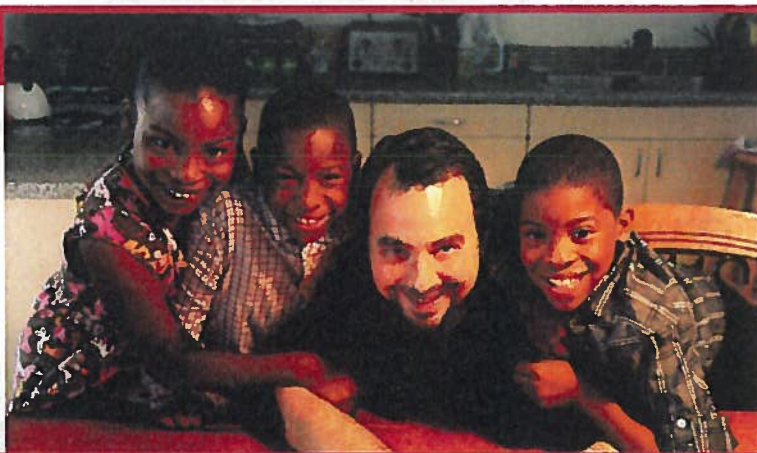
Imagine LA Families have experienced homelessness. Some are veteran families. They have all been in a shelter or temporary housing and are in the process of moving into their own housing.

Their caseworkers from transitional shelters have referred them to Imagine LA because they are vulnerable to repeat homelessness, and they are open to our mentorship model. Imagine LA then screens and trains each Family to make sure they are appropriate, safe, communicative, eager and ready to be matched with a mentor team.

For families escaping the cycle of poverty, a mentor **like you** can make the difference between surviving and thriving. For formerly homeless families who are just getting their own roof over their heads, the support of a team of mentors might be what takes them from just being housed...to truly being home.

The Family and their Mentor Team work to address three main goals:

- Maintain housing
- Attain self-sufficiency
- Ensure that every Family member thrives



## BE THE CHANGE: FORM OR JOIN A MENTORSHIP TEAM

### YOUR MENTORSHIP TEAM

Each team consists of 5-10 people. There are many different roles, large and small, depending on a family's size and needs. Most of the roles do not require any prior skills, just lots of

enthusiasm, kindness, an open mind, consistency and a can-do attitude. Imagine LA staff trains and guides your team every step of the way.

The rest of your organization or company can be engaged too. There are numerous occasions the team will reach out to seek specific help or resources for the Family — so even those who aren't mentors will have opportunities to be involved.

### EVERYONE BENEFITS

The Family Mentorship Program is a transformative experience for our Families and Mentors alike. Each person has a new perspective and meaningful relationships, feels a sense of

accomplishment, personal growth and the power of team work. Plus, Imagine LA can help your organization:

- Align real action with your goals and mission
- Create measurable impact
- Build leadership and strengthen teams

Your organization as a whole will receive bi-annual updates on the Family's progress, in addition to regular sharing from your Mentor Team along the way.

We ask that your organization makes a donation towards defraying the cost of your Family's Imagine LA journey.

### GETTING STARTED

For your first training, you'll need at least three volunteers ready to take on the core roles. But it is important to have an enthusiastic group ready to step up.

### What if I can't put together a team?

Traditionally, Family Mentorship Teams have been drawn from individuals who have a company, house of worship, or other affiliation in common. We are now assembling teams from individuals who want to be a part of the change and are ready to join others like them. If you'd like to be placed on a team by Imagine LA staff, please get in touch. We're ready to put you to work. If you have a few people, but not a whole team, Imagine LA is ready to help you recruit the rest of your team.

***Imagine LA is a really awesome opportunity to get involved on a personal level. It's all about having a relationship with someone, and it totally changes your concept of how to help someone in need.***

**—Brienne, Mentor**





**THE  
MENTORSHIP  
JOURNEY**

The Family Mentorship Program lasts 1-2 years, though the relationships often continue on into the future.

We divide the journey into 3 phases. In the first, volunteers get trained, adopt their roles, and engage with the Family once a match is made. The 2nd encompasses the ongoing work as the Team and Family pursue their specific goals. The core roles will last throughout the program, while there may also be a few shorter-term opportunities for some volunteer mentors. After the formal match ends, the 3rd phase begins and the relationship continues.

Of course, every Team and Family's experience is different. There will be surprises along the way. That's why Imagine LA's experienced staff will be with you every step of the way. Join us!

## **Family Mentorship Program Team Journey**

### **Phase 1** *(1-3 months)*

# 1

**Build and Train Team**  
**Screen and Train Family**  
**Match Team with Family**  
**Make a donation towards  
your Family's journey**

### **Phase 2** *(1-2 years)*

# 2

**Quarterly Goals and  
Milestones**  
**Regular Contact**  
**Provide Resources**  
**Weekly Conference Calls**  
**Family Fun Events**

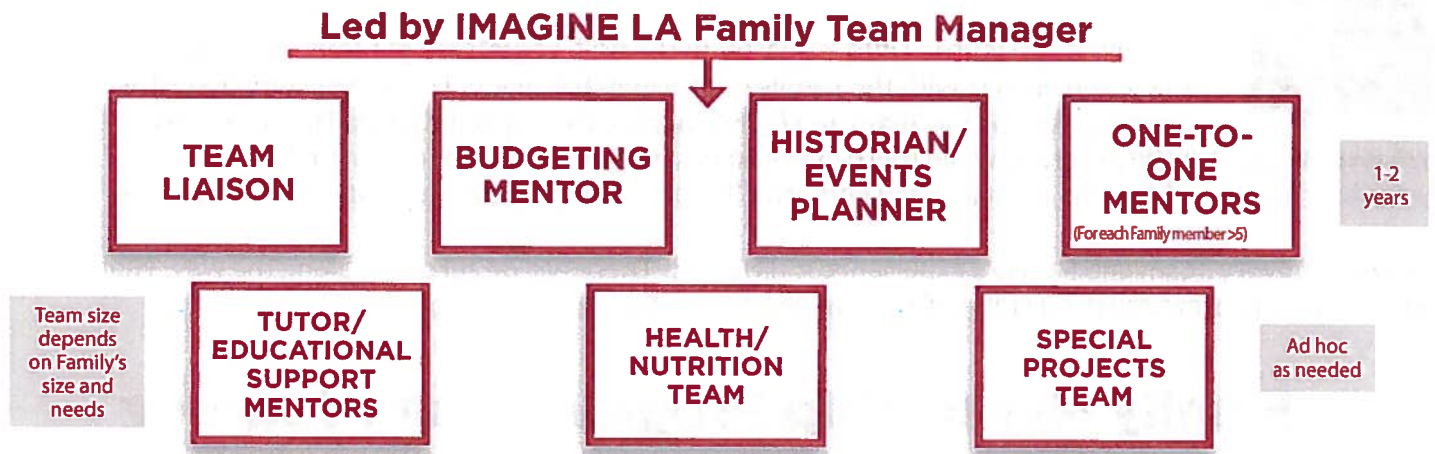
### **Phase 3** *(ongoing)*

# 3

**Graduation**  
**Alumni activities**  
**Continued relationship...**



# Family Mentorship Program Team Structure



## MENTOR TEAM ROLES AND RESPONSIBILITIES

### ■ TEAM LIAISON (CORE ROLE)

1-2 year commitment,  
minimum 1-2 hours weekly

- Trusted member of the Program Partner Community; well-connected within the organization
- Primary liaison between Imagine LA and the Program Partner
- Responsible for ongoing recruitment of Mentor Team
- Maintain consistent communication with the Family and Imagine LA, and assist in quarterly Family milestone-setting
- Participate in weekly team conference calls
- Participate in quarterly Family/Team face-to-face gatherings

### ■ BUDGETING MENTOR (CORE ROLE)

1-2 year commitment, 2-3 hours every  
other week at first, then once a month

- Support Family in implementing a working budget and savings plan, utilizing Imagine LA's simple budgeting techniques
- Begin credit repair process
- Maintain consistent communication with the Family and Imagine LA
- Participate in weekly Team conference calls
- Participate in quarterly Family/Team face-to-face gatherings
- Comfortable with basic math and budgeting techniques

### ■ ONE-TO-ONE MENTORS (CORE ROLES)

1-2 year commitment,  
1-2 hours weekly

- Traditional nurturing/coaching
- Meet with their Mentee consistently (once a week)
- Promote effective communication and act as a role model of positive leadership and guidance to Mentee, helping them define and achieve goals
- Participate in weekly Team conference calls
- Participate in quarterly Family/Team face-to-face gatherings

### ■ HISTORIAN/ EVENTS PLANNER

1-2 year commitment, as needed

- Document the progress of Family and their relationship with the Mentor Team through photos, video and by acting as scribe on weekly conference calls
- Coordinate meet and greet and quarterly Family/Team face-to-face gatherings
- Excellent interpersonal and organizational skills, with creative tendencies
- Participate in weekly Team conference calls

### ■ TUTOR/EDUCATIONAL SUPPORT MENTORS

minimum 3 months, up to  
program duration, once a week

- Provide skills training in areas needing improvement
- Meet consistently with Mentee
- Assist Mentee in improving study skills/habits and building confidence
- Participate in weekly Team conference calls on a case-by-case basis

### ■ HEALTH/NUTRITION TEAM

minimum 3 months, up to  
program duration, as needed

- Assist Family in accessing medical and dental care
- Assist with grocery shopping, meal planning and meal preparation and encourage "family meal time"
- Help the Family find appropriate and enjoyable exercise activities
- Adhering to Family budget

### ■ SPECIAL PROJECTS TEAM

short-term, as needed

*Examples (not a comprehensive list):*

- Move-in Teams
- Transportation Team (on call for rides)
- "Give The Parent A Break" Team (periodic play dates)
- Provide or help in accessing resources (e.g., IEP advocate, career coaching, legal aide, car repair, etc.)